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1958

50 cents

ACCENT

on Living

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AND MORE

IDEAS • NEWS • FACTS • INFORMATION • HUMOR



Are You An Expert?

by
Ray
Cheever

ACCENT is edited and published with the firm belief that each person gains invaluable experience and knowledge as the result of a physical handicap." The word expert is defined as one who has special knowledge as the result of experience. The school of experience has no graduates, no degrees, and those who happen to have some type of physical handicap are the only ones that I know of who are, or can be, the experts in some of the important areas of rehabilitation.

You have heard the advertising slogan, "Ask the man who owns

one". I think this applies with great significance to those with a physical handicap.

Rehabilitation, if it is done properly, involves an entire new approach and concept. It is an example of an integrated program of medical, psychological, social and vocational evaluation and services under competent supervision.

Without any doubt, there are many readers of ACCENT who are in a position, many are already doing so, to use their experience and knowledge in rehabilitation work, both in your own local communities and in national organizations.

I can remember when I was still in the iron lung, the advice I remember most was given to me by a man who came to visit me in his wheelchair. He had been through it before me, he knew what he was talking about and from that day on

ACCENT ON LIVING CHARTER

ACCENT On Living is a national magazine dedicated to serving all handicapped people, their families and their friends, regardless of race, religion or creed. ACCENT is an authoritative clearing house for problems confronting handicapped people. ACCENT is edited and published with the firm belief that each person gains invaluable experience and knowledge as the result of a physical handicap. ACCENT believes in the complete dignity and respect of all persons. Furthermore, all profit from ACCENT Magazine will be used for furthering rehabilitation facilities and bringing facts, ideas and the benefits of rehabilitation to the readers of this magazine.

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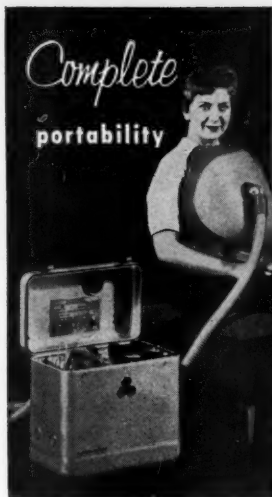
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Vol. 3, No. 3



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I gained a much better perspective
of what lay ahead and what I could
expect.

Rehabilitation is a new field. It
needs experts and leaders to help
make it grow. Along with new
knowledge, new developments and
new research, the possibilities are
endless.

Rusk Comments on ACCENT

Dr. Howard A. Rusk, M. D.
writes a regular column in the New
York Times. In his column on Sun-
day, October 19, entitled "Guides
To Good Health", he had this to
say about ACCENT.

"Another useful publication for
persons with physical disabilities is
'ACCENT On Living', a quarterly
magazine issued for such persons.
Formerly known as Polio Living,
this magazine is published by a
non-profit group headed by Ray-
mond Cheever, an advertising man
who was disabled by poliomyelitis.
Subscriptions are \$2.00 a year and
may be ordered from Raymond C.
Cheever, 12 Ryan Drive, Bloomington,
Illinois."

Dr. Rusk is known and recog-
nized throughout the world as a
leader in rehabilitation and to list
his contributions toward the benefit
of handicapped people would take
volumes. We want to thank Dr.
Rusk for his interest in ACCENT
On Living.

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TED HOYER & COMPANY, Inc., Dept. L, 2222 Minnesota St., Oshkosh, Wis.

Don't Quit Now

Nothing is more essential for success than the ability to stick to it. "People of mediocre ability," says Bernard Baruch, "sometimes achieve outstanding success because they don't know enough to quit." Thomas Edison once said that 75% of the world's failures wouldn't have failed at all if they'd kept at what they were trying to do. "Our greatest weakness," he said, "lies in giving up. The most certain way to succeed is always to try just one more time."

Living Lines...

"I would like to know how long Polio Living, (now ACCENT On Living) has been in existence and if I may purchase back issues."

Don J. Bain
Burlington, N. C.

(Back issues, beginning Summer 1956 are still available. On some issues we are running short, but we will fill orders on a first come, first served basis. All back copies 50c each. Special price of \$3.50 for the nine back issues Summer 1956 through Summer 1958. Sorry but the Fall 1958 issue is completely sold out.)

Editor

"As a German I read your magazine ACCENT On Living with greatest interest. I will write my full address for all those which will write to me. After long troubles to get a job 1937 I became attention to an organization (Reichsbund für Körperbehinderte) like your ACCENT where I listed for a membership. In this organization I learned to be a swimmer and there I found a girl friend which was so friendly to procure me my first job as a clerk in an import and export house but only by low wages. Eager to earn more money after 4 years, I changed my jobs till finally I found a job as a telephone operator in an insurance company. In 1949 I got married with a girl who was paralyzed too. My wife had her first child. At this time we lived in a barrack without much furnishings. But by and by after my wife is working with me, we got our furniture. After 4 years living in the barracks we got a 1½ room apartment in Ochsenzoll. But this apartment was too far away and 4 years later we could change our apartment in Ochsenzoll for a 3 room apartment in Bahrenfeld. And now we are all happy because we have a healthy boy of 8,

both are working and now we have good furniture too. Every year in our vacation we can make a little journey."

Herbert Holler
Hamburg Bahrenfeld
Bahrenfelder Chaussee 74 11.
Germany

"I was especially interested in your last article 'Legislation for Handicapped'. Surely if a handicapped person has the spirit to work and at least help to be self-supporting, he or she should be entitled to some consideration in this respect. I do work and think this kind of legislation would encourage all of us to do more."

Mrs. John Knabe
Evanston, Illinois

"I personally enjoy the Magazine very much. It gives me greater insight into how people afflicted with various handicaps feel and think."

L. V. Norman
Rehabilitation Counselor
Portland, Oregon

(Continued on page 6)



"Well that about concludes mine . . . now let's hear your troubles—"

"I enjoy your magazine so much. I am a polio quadriplegic, college student, and an ardent fan of ACCENT On Living. Your articles are not only helpful and encouraging, but also inspire a sense of comradeship. I think a boy-girl 'pen-pal' column would make an added attraction. I have only one complaint—your wonderful magazine doesn't come out often enough!!

Ann J. Burnes
Wood-Ridge, New Jersey

(We agree, but it does cost money to print a magazine. Our subscriber list is growing fast and as soon as we are able financially, ACCENT will be published more often.) Editor.

"I think your publication is excellent."

Miss Mildred Reitdyk
Muscular Dystrophy Assn.
New Orleans, Louisiana

"So many of us here in the Division have enjoyed your magazine; our counselors find it of interest and we secretaries learn more about the problems of the disabled."

Sydney V. Strack, Secretary
Chicago 1, Illinois

"I want you to know that I've run into some people who really think handicapped persons shouldn't marry. It is this that made me write what I've got on my mind. I noticed in the reader's survey in the Summer 1958 issue that 3% preferred not to answer. I do hope this 3% don't feel ashamed or else like they are being a millstone to someone—or even worse, sorry for themselves and the other person. With love and understanding, someone who lives with wheelchairs and things of that sort, can do a lot. True, in some cases things went wrong and it all ended on the rocks, but it may have to be that way for the 3% who choose not to say or for the 60% still looking and I hope not for the rest."

C. B.
Largo, Florida

"I certainly enjoy reading your magazine; I think it is wonderful for handicapped individuals, like myself."

Bruce Deitz, Jr.
Louisiana

"Our office has found it a continuing source of stimulation; we have gained new insight and new ideas from time to time."

Clayton A. Morgan and
John K. Halloran, Counsellors
Vocational Rehabilitation
Corpus Christi, Texas

"Reading about other handicaps, how they manage, etc., really helps boost my morale—as there are many times that I'm sure most of us feel quite alone. So this little magazine is one way to 'sorta keep in contact'."

Mrs. D. A.

"I meant to tell you, what one article says about teamwork is true. Team nursing and Team medicine at State University of Iowa gave our patients far superior care."

Helen Norton
Illinois

"I am very thankful to you because ACCENT is a magazine which encourages handicapped persons, with all the examples of persons in our same condition. I enclosed in this letter the Reader Survey. (I do not know if it is also for foreign subscribers.) You will see in it that one of the subjects that is important to me is to know about courses in 'Occupational Therapy'; I am very interested in studying this subject but in my country there are not such courses."

Dora Roitman
Buenos Aires, Argentina

(You can get full information by writing to American Occupational Therapy Association, 33 West 42nd Street, New York 36, New York.)

Editor

The Bible Says

By
Rev.
Arthur
Gordon



Where is your faith?" (Luke 8:25) or "What is the object of your faith?" (Paraphrase).

As important as a strong rope is to a mountain climber, of even more importance is the object to which the anchor end of the rope is tied. No experienced climber would tie his rope to rotten branch or a little child. Neither would he tie it where sharp rocks might cut it loose. And certainly he would not tie the rope to the rope itself and let it trail behind him. He knows the rope is only as strong as the object to which it is tied.

Likewise, FAITH, though a very important part of a person's spiritual equipment, is only as strong as the object in which it is placed. The mountain climber would be considered foolish to tie his rope to something not strong enough to hold him, yet there are many people doing that very thing with their faith. Some trust in wealth or health—rotten branches at best. Some trust in circumstances—when they are favorable, until the sharp edge of adversity begins to

cut at them. And some, it seems, have faith in nothing more than faith itself—like tying the rope to itself. In any case, immediately or eventually, faith will give way, holding only as long as its object.

Rather than placing faith in things which, with their passing, let us fall into doubts, fears, and eternal frustrations, may we heed the words of Jesus: "*Ye believe in God, believe also in me.*" To such, the Bible promises, "God our Saviour . . . is able to *keep you from falling.*"

\$50 Million for Research Proposed

During the closing days of Congress, a new international medical research program was proposed, providing \$50 million of tax money annually for the war on disease. This was presented by Senator Hill of Alabama.

Included in the many provisions was the following: "To encourage and support, on an international basis, studies, investigations, experiments, and research, including the conduct and planning thereof, relating to: (B) the rehabilitation of the physically handicapped, including the development and use of appliances for the mitigation of the handicaps of such individuals."

This proposal was referred to the Committee on Labor and Public Welfare.



Each student receives a valuable set of watch makers tools, including the finest and latest equipment. Cost is born by the sponsoring agency or, in some cases, by the student.

Learn Watch Repair

You can have your own business—even in your home

TUITION is free to all students at this Joseph Bulova School of Watchmaking.

Arde Bulova, the founder, said, "No one understands the value of time better than a disabled person. Each second and each minute gain new dimensions."

Watch repair can be a very rewarding business for there is a continuous demand for quality workmanship to maintain the accuracy of the many clocks and watches assuring every well trained craftsman a secure livelihood.

According to Benjamin H. Lip-ton, Director, students today upon graduation, receive from \$55 to \$85 a week as a starting salary. Most of the graduates are today earning

a full living, however, it is important to point out that many of them, upon entering business required a good many months before they became self-sufficient. Total weekly earnings are only limited by the individual's own imagination.

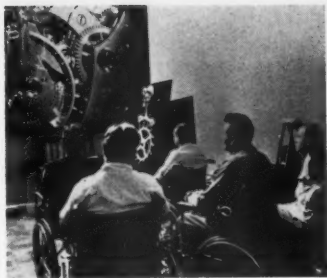
Costs include those tools and supplies which will run about \$500 and of course, monthly housing costs. An estimated breakdown is as follows:

Room	\$ 40
Board	65
Personal Laundry	5
Incidentals	10
<hr/>	
Total	\$120

There is a dormitory that has the

lower floor planned to accommodate wheelchair students and the latest equipment and facilities have been provided to make even the seriously disabled person comfortable during their stay at this school. The upper floor has been designed to accommodate disabled students who do not require the use of a wheelchair. Every room is individually air-conditioned and daily maid service is provided.

The average day's schedule for each student may vary since some may be on a limited work tolerance of a four hour day and others on a full six hour day. During the time that the student is at school he undergoes studies in practical work in the course. Those students that require attention in the medical department may arrange that during their daily schedule. Students that require regular treatment, either in the school or outside, may arrange



A special series of sound and color training films have been devised and produced by the school.

it so that it runs concurrently with the course and does not impede progress of the individual.

A new student can be admitted in the first week of any month and the average time to complete the full course is 18 to 20 months. Although there is a short waiting list at the present time a qualified appli-

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J. H. Jones, G. M. Romunstad, W. H. Higdon, three graduates of the Bulova school now own and operate, very successfully, the "Jewel Box".



WATCH REPAIR—Continued

cant will have to wait only 6 to 8 weeks before being admitted.

Currently, according to Mr. Lipton, they have 75 students, about 20% veterans and 80% civilians. Most civilians are financed by the Division of Vocational Rehabilitation.

The Joseph Bulova School of Watchmaking admits the disabled, both veterans and civilians. Only in special instances does the school accept applications from non-handicapped persons. The course is divided into eight basic training sections, each section is taught by a specialist in that particular skill; preliminary training, balance work, lathe work, hairspring work, assembly, escapement theory and matching, finishing, general repairs. If you are interested in more information write to: Mr. Benjamin H. Lipton, Director Joseph Bulova School of Watchmaking, 40-42 62 Street, Woodside, Long Island, New York.

Something To Think About

The following article was printed in a life insurance magazine. It points up a fact that may be important for all of us to consider when we are discussing, both pro and con, legislation for handicapped people. Remember there is no ideal situation. There are both advantages and disadvantages to every

situation. Weigh them carefully in your own mind before you make your final decision.

"We note in the Journal of Commerce, issue of September 23, 1958, that the Social Security Administration has a backlog of 16,244 appeal cases due largely to persons seeking disability benefits under the 1956 changes in the law. The number of persons who serve as referees for appeal cases has increased from 17 to 101 with an additional 35 to be added within the month.

Since the first suggestion that the government should get into the providing of disability benefits, life insurance people have been trying to point out the terrific task of administration. Though it is too early for some of the other predicted problems to have shown up, there is no reason to think that they will not appear on schedule. Life insurance people could make these predictions, since in many instances they have gone through a long and painful learning-by-experience process. Without any elaboration, the next problems will be those of political pressure for particular claimants upon the administrators of the program, followed by the charge of favoritism or inconsistent treatment by area. Then we can expect government controlled doctors rather than private physicians determining and examining disabilities and eventually prescribing required treatments on threat of removal of benefit status. At this point, private medicine and insurance may be near the end of the road."

Building A Wheelchair Home?

This article was prepared and furnished through the courtesy of the Eastern Paralyzed Veterans Association.

The following information on homes for the paralyzed is culled from years of experience in the field. It is quite general and by no means complete. We offer it merely as a guide and with great apprehension. We are concerned with an opinion as to whether the individual involved has matured sufficiently in his handicap to know what he needs and what he wants. If it is a relative or friend, we wonder if he has complete and detailed knowledge of the disabled relative or friend to the extent necessary for the contemplation of such home-building.

After all, this represents a considerable undertaking, financially and must be lived in when complete. A "Prosthetic" home, with bars and chains and rails and pads is hardly palatable for normal society. Many of these things are really not necessary. We would recommend a lot of talk and planning with physical therapists and professional men who have attended the potential home-builder, and a solemn review of the recommended reading matter listed at the end of this outline.

When considering a home for a person confined to a wheelchair, there are four cardinal rules to be considered: (1) that there are no steps to the home and the approach does not exceed a 14% rise in grade; (2) that all doors in the

home are of adequate width, generally recommended to be 36"; (3) that all rooms, especially the bathroom, have sufficient space for the maneuvering of the wheelchair, and (4) that all utilities of bathroom, kitchen and bedroom can be easily used.

There are many lesser things that will ease life of the chairborne home-dweller, but most of them depend upon the taste and degree of handicap of the individual. Their institution also depends upon whether you are building, buying or just renovating a home. In many instances, sliding doors may be installed or some doors removed. Hallways should be wide enough and straight with room-to-room door openings in line wherever possible to avoid tricky turns and permit easy maneuvering.

The height of windows should be at wheelchair level, and may be operated mechanically to open or close. Light switches and wall outlets should be placed within easy reach. Kitchen equipment, sinks, washers, ranges, refrigerators, cabinets and accessories should be properly placed and set, so as to permit close and easy access from a wheelchair. This also applies to laundry equipment.

The bathroom is where a paraplegic is usually confronted with

(Continued on page 15)

Nurses' Employment Service

by Russ Beeson

Another in our series of home operated businesses. This service is operated by a man who is paralyzed from the neck down.

At the beginning of what I hoped would be a successful speed boat racing career in 1953 and at the age of twenty, I was admitted to the hospital with what was diagnosed as Bulbar Polio.

After nine months in the iron lung I gave birth to a rocking bed, which later was reduced to a chest respirator. In 1955 I was discharged from the hospital and moved back to my home in Walnut Creek, California.

After settling down for an extremely hot summer, I began to investigate the various possibilities of self-employment. A nurse friend of mine told me that a nurses' employment service was seriously needed in this area, so after some thinking and planning and with the cooperation of my vocational rehabilitation counselor I obtained my license

from the Labor Commissioner of California in October of 1956 and the RuBee Nurses Registry was open for business.

Not only was this successful in itself, but it set off a chain of events that never ceases to amaze me. While working out the problem of a telephone that I could operate with my head, I met a salesman for the telephone company who was a member of the local Jaycees. Later I was initiated and made an honorary member in good standing with full privileges. I was kept very busy conducting telephone campaigns and was honored in July, 1957, as a recipient of the "Jaycee of the Month" award. From my personal experience I would highly recommend that anyone in our position investigate the possibility of becoming active in a civic group or service organization.

I have a specially constructed bed mounted on retractable wheels which fits into the rear of our station wagon which makes it easy for me to travel to various association meetings, friends homes, boat races, outdoor movies, etc.

Although I have made no earth-shattering achievements, I believe that these past experiences and my plans for the future have brought me closer to my goal of living a normal life.



College Can Come To You

by Joan Carey

In 1954 I decided to continue my education past the high-school level, and, since I was unable to attend a university, I investigated doing college work by correspondence. In the past few years I have taken a course in political science from the University of Nebraska and several courses in English literature and French from the University of Illinois. I have received college credit for these subjects, although such courses may also be taken solely for information and enjoyment. This method of study has proved most rewarding, and I feel that many others might also profit from it.

My first problem in correspondence work was how to get started. A nearby university suggested I write for a booklet entitled "A Guide to Correspondence Study," and I found it most helpful. This booklet contains a list of college credit courses, non-credit courses for professional and cultural needs, and elementary and high-school courses. The "Guide" is regularly brought up-to-date, and the most recent edition may be obtained by sending twenty-five cents to the National University Extension Association, TSMc 112, University of Minnesota, Minneapolis 14, Minnesota. Fifty-four universities offer correspondence courses, and almost every subject that can be taken in residence can also be studied by mail.

The ability to study and the will-

ingness to put your thoughts in writing are the most important factors in correspondence work. The "Guide" states this in its introduction:

Universities and colleges are eager to find good students and to train intelligent minds. In most instances correspondence courses are open to adults without reference to previous educational experience. Registration can usually be made without examination or detailed admission procedures. No reputable institution gives a degree on the basis of correspondence credit alone, but most colleges allow one or two years correspondence work.

A college course consists of a certain number of lessons—usually twenty or thirty, each requiring a considerable amount of preparation. An outline book is sent to the student shortly after enrollment, and this tells exactly what is to be done in each lesson, including the number of textbook pages to be read and the questions to be answered. The completed assignment is then mailed to the university, where an instructor makes comments on the paper and returns it. Textbooks for the course may be obtained either from a local bookstore (often second-hand if there is a nearby college) or from the university itself. This information is based primarily on my experience at the University of Illinois, but the procedure at other colleges is, I believe, much the same.

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COLLEGE—Continued

When all assignments for the course have been completed, there is still the final examination to be tackled. This usually consists of essay-type questions; but tests differ greatly, depending on the course. If you are taking the course for credit, the final exam must be proctored—that is, you will have to make arrangements for a local teacher, school official, or other responsible person to be present while you write the paper. Although the work done on each lesson is important, the final grade will be determined largely by the examination. If you have done the assignments carefully, the final questions shouldn't be too terrifying.

You may enroll in a correspondence course at any time during the year, including the summer months. Although there is usually a one-year time limit for each course, you can set your own pace to a great extent, working just as your time and energy permit. Of course, you must also consider that since there is no teacher present to urge you on, and no hours rigidly set aside for study, correspondence work does require some self-discipline and a real interest in the subject you select.

This method of study is an excellent way to begin work on a degree, and, if you plan to attend college sometime in the future, it is interesting to note that the University of Illinois has special living and transportation facilities for the physically handicapped. Many dis-

abled students attend the University each year.

Whatever your reason for undertaking new studies, I can only hope that your experience will be as pleasant as mine has been.

Designed For Success!

Henry David Thoreau did a great deal of thinking about the business of living in this old world. Among his many observations and conclusions in this sharp bit of wisdom:

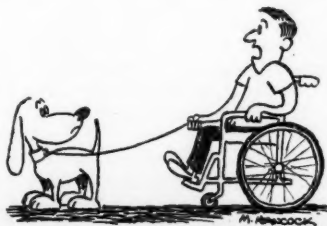
"Men were born to succeed, not to fail."

You and I are designed for success! Dormant within us, latent or potential, are all the various qualities required for success.

Some men develop these qualities - - - - other do not. But the significant thing, the point to remember, is that every one of us carries within himself the constituent materials, the basic ingredients, of success!

We were designed for success! You and I!

Myron E. Smith



"MUSH!"

WHEELCHAIR HOME—Continued

his biggest problems, and therefore, requires special attention with regard to the location and arrangement of fixtures. These will differ according to the physical status of the disabled. Hand or grip rails, right or left, may be necessary in some instances. Mirrors, cabinets, and accessories naturally must be placed for convenient use, remembering that the sink must be reachable from the commode. The drive-in shower is utilized by the majority of paraplegics. It is of sufficient width (48 x 48) to enable the wheelchair to roll right in. If the tub is preferred, proper safety precautions must be taken by the installation of adequate hand rails. All shower and tub valves must be located where they are easily controlled.

The bedroom, while requiring less attention, is no less important. It should be large enough in size to permit a wheelchair to get around the bed and to all cabinets. Closets should have doors of sufficient width to permit easy access by wheelchair. Night tables, utilities and lamps should be within easy reach for one when bedded down. The bed and mattress, again, depends upon individual situations relative to taste and disability. Generally, they are as high as the seat of the chair with a firm bed spring to prevent too much sinking. A 5" foam rubber mattress is most desirable for convenience and comfort.

Polished and waxed floors should

be eliminated. If carpeting is desired, it should extend from wall to wall and be securely fixed. Many paraplegics prefer asphalt tile designed to camouflage wheelchair tracks from a rainy afternoon. Furniture, with regard to height, depth, and rigidity, depends upon the amount of use it is going to get from the disabled person and whether he is going to be wearing braces when using them. It is advisable that tables are of sufficient height to permit the arms of the wheelchair to slip under them.

A radiant heating system in the home is desirable, but for speedier and more economic heating, the baseboard heating system is suitable and perhaps preferable in many wheelchair homes. If a fireplace is desired in the living room, it should have a raised hearth of a least 8" or more from the floor, and designed to permit close approach to the fireplace with the wheelchair.

The use of a full cellar can fill a great many needs and wants, but also adds to the cost of the property. In deciding upon it, one must consider the methods of descent and ascent by the wheelchair-bound individual. Outside ramps may be installed, but will prove to be of impractical length or steepness. Two other suggestions would be of use, the electrical inclinator or elevator. The cost of the latter two runs from \$300.00 up to \$2,000.00. The same considerations must be applied to the home being built with a second floor expansion attic.

When building a home with an

(Continued on page 21)

Is Your Life Miserable?

by
Richard
Sprague



Polio Antics

Polio patients are devilishly clever people! Once the novelty of hospital routine has worn off, they usually devise a multitude of questionable behavior patterns designed to: (1) provide their leisure hours with the utmost in excitement, and (2) attune the hospital personnel to a higher level of service. Singularly these escapades are zany, but en masse they can lead to chaos. Aside from the occasional telephone messages we left with our therapist to contact Dr. Lion and Dr. Monk at the Zoo, there were two humorous incidents which illucidate quite clearly the lunacy abound in our hospital.

Several times each week after lunch, a group of the most foolhardy of we Polios' would meet in each others rooms and plan methods of utilizing our spare moments. Probably the biggest and most frequently mentioned topic was food, and how to acquire more of it. We did, of course, discuss such minor projects as laying out obstacle

courses for wheelchair races, and how to plant booby traps in bed pans, but since most of us were on diets our preoccupation with hunger pangs was of primary importance.

If we were unable to get what we wanted by asking for it, (which was most of the time) we knew we would have to get it by subterfuge or starve. Now there were two non-accredited ways of acquiring food: stealing it from a roommate, and bribing a nurse to forgetfully leave an extra portion. Since both of these practices presented no real challenge to us, we discarded them for a more adventurous plan. We emerged from our discussion group one particular day enthusiastic and eager to try out our newly laid plans of pantry pilfering.

To give us more courage I invited the group up to my suite for cocktails at my bar. The bar was not the kind that served alcoholic beverages however, but one on which monkeys hang by their tail. So we chinned ourselves thirteen times for luck, downed our shot glasses full of cascara, and chased it with a vial of milk of magnesia.

Our plan was simply this: at meal time one of our group would place himself on a gurney and be covered with a sheet. For nosey nurses who inquired, we were simply transferring our compatriot to the emergency ward for a stomach disorder—which was really not too far from the truth. We then followed the food carts wherever they went, and when the tray servers entered a patient's room, our light fingered friend removed a chocolate pudding, or a steak. Our system

worked quite well until our guest on the cart got careless, and spilled hot coffee down the leg of a head nurse. This quite understandably ended our activities for the day.

I recall one ingenious female patient who took unique steps to display her displeasure at her doctor's "No Smoking" proclamation, plus making her wear a "traech tube". From that day on she planned her retaliation, and stockpiled smuggled cigarettes until her roommate wondered if she was going to open up a tobacco shop.

Finally the day of her physician's visit arrived, and she hooked up her aspirator in preparation to greet him. When the Doctor did walk through the door, he was a most amazed fellow. Through the smoke filled room that met him, he spied his patient smiling through billowing vapors, while the machine worked overtime, not to clear her throat, but to inhale and exhale the five cigarettes she had arranged in the opening of the tube.

So you see a Polios life need never become dull or boring. If you search diligently enough, you too can discover the thrill of alleviating your miseries at somebody else's expense.

Real Doctors On TV?

"Actor doctors" cannot be used in TV commercials after January 1, following an N.A.B. ruling. Thinking that some advertisers may

"get around" this ban by hiring real medical people, M. D.'s the New York County Medical Society in its official publication, New York Medicine, has suggested that doctors not endorse medicines on television. This suggestion was made after three young doctors reported they had been offered jobs on TV commercials.

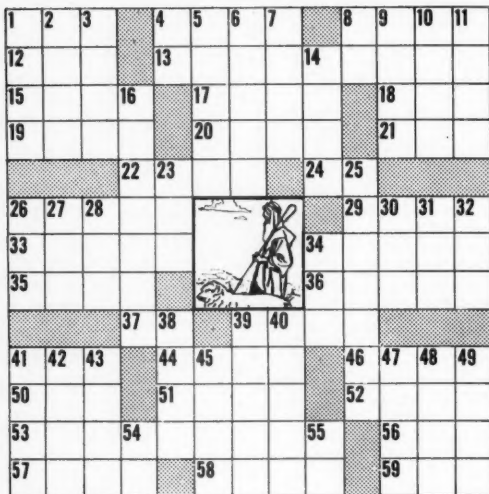
Should any physician choose to be a pitchman and a replacement for a professional actor? We think not. Television is a good place to learn about new developments and medicine that can be bought without a prescription, but we suggest the commercials stick to straight reporting of the facts and the advantages offered to the users.

ANSWER

to crossword puzzle
on page 16 of the
Fall 1958 ACCENT



Christmas Time



**Solution
will be
printed
in the
next issue**

ACROSS

1. — to the world, the Lord is come
4. Christ child
8. Three kings of the Orient
12. Night before Christmas
13. Birthday of Jesus
15. Sold at Christmas to raise funds to control tuberculosis
17. Mother of Jesus
18. No room here for the Holy Family
19. Prefix, bearlike
20. Not a creature was stirring, not — a mouse
21. Period
22. Andre — French novelist
24. And (Latin)
26. Silent —
29. Heathen god
33. St. Nicholas
34. Come let us — Him
35. Chimney
36. Feasted
37. Act
39. This gave the luster of midday to objects below

41. Boy
44. Peak
46. Present
50. For skating
51. Tiriba (ab.)
52. Followed by the wise men
53. Angels announced Christmas to them
56. Forget this on Christmas
57. Length of time
58. Colors
59. Behold

DOWN

1. Christ
2. Above, where the star shone
3. Affirmatives
4. Before Christ (ab.)
5. Syrian proper name
6. Courageous
7. Ireland
8. Mountain (ab.)
9. Among
10. Gansel
11. Contraction
14. Past

16. Illuminated, as a Christmas tree
23. Go (Latin imperative)
25. Message of great joy
26. Initials bank puts on checks returned for payment
27. Word ending
28. African antelope
30. To put on
31. Metal in native state
32. Guided, as the Star — the three kings
34. Fuss — lots of this near Christmas
38. Vow
39. Jolly
40. Binary oxygen compound
41. Make on of these for Christmas cards and gifts
42. Pain, often felt in head and feet near Christmas
43. They pull Santa's sleigh
45. Variegated
47. Word ending
48. Travel
49. Decorated at Christmas
54. Busiest man at Christmas (ab.)
55. Sunday School (ab.)

IDEA EXCHANGE

This is a column where ideas, advice and suggestions can be exchanged. The cases presented in this column have never been identified as to who they are. Beginning with this issue, all letters or comments printed in this column will not be identified other than the state the writer lives in. We will keep all names completely confidential, so write to us about whatever is on your mind. Remember, all correspondence addressed to "Idea Exchange" will remain confidential and will not be given to anyone.

CASE NO. 9

"Do any of you use a drawing board? Our son has the use of his left hand to some extent and needs some sort of help to work with pencil and paper. We had in mind a drawing board that would fit over a hospital bed and would have either magnetic weights to hold paper in place, or would have easily changed angle arms (by means of pegs, slots, etc.) to hold down different sizes of paper."

CASE NO. 10

"Do you know anybody that makes trailer houses for wheelchair people. All of the trailers I have looked at have aisles that are too narrow for a wheelchair and the bathroom is too small for a wheelchair."

Send your suggestions to either or both of the above cases to Idea Exchange, ACCENT On Living, 12 Ryan Drive, Bloomington, Illinois. Our deadline for these is January 15, 1959. Results will be printed in the Spring 1959 issue.

What Readers Said to Case No. 7

"Refer to article in March 1953 issue of Popular Mechanics, available at most public libraries. Pages 192 through 196."

What Readers Said to Case No. 8

"I also have had the same problem of tipping over while riding in a car. Have the driver on one side of you and someone else on the other side. Ask the driver to slow down when he goes around a curve and ask him to try to not stop suddenly unless it is absolutely necessary. I have found this a big help for me, I hope this will help you."

Idaho

"I am paralyzed from the neck down and had the same problem. I took two 6 feet, 2 inch wide, web straps, which can be purchased at any army surplus store. Cross them in middle of chest with one end over each shoulder and over top of seat. Put other ends under seat and bring up behind and tighten. I have had many enjoyable hours in the car."

California

"Our garage man came up with a good solution. He fastened two nylon safety belts together and put the end through the opening between the back and the seat. We fasten the belt around the right shoulder across my chest to the other end of the belt on my left side. This secures me to the back of the car seat. I hope this will work for you too."

Michigan

"I tried using one of the safety belts sold for car passengers, but found it gave me too much resistance when I wanted to move. So we use a nylon sweater and roll it like a rope, then thread it under the arms and pull the sleeves of the sweater over the back of the front seat and tie in a knot to a metal drawer handle which my husband

(Continued on page 20)

installed on the back of the front car seat. The sweater holds one firmly, yet stretches when you want to move a little. We used this method on our car trip this summer."

California

"I am a post-polio with just about the same muscle limitations. I understand the problem because I have fallen into the dashboard a few times. I now use a web belt about 2½ inches in width which I strap around the seat and across my stomach. Of course this is only practical when the front seat is split. The ordinary car safety belts fastened in the usual manner do not serve the purpose, as they only keep the hips from sliding forward, but do not prevent falling forward."

New Jersey

"If your car has the type seat found in most two-door sedans, a length of canvas about 3 inches wide sewn to a large buckle can be placed completely around both you and the seat back. Also, a car with a bucket seat helps prevent slipping sideways."

Virginia

Letters published in this column represent a typical cross-section of all the letters received.

Ode to the Gladiators at Washington

(from a handicapped constituent)

O, would my name were Ogden Nash
That from this, I could wring some cash.
For cash is, as I know you'll agree
Of great importance to such as we.
So listen well, you law-men all—
Givers and makers—heed our call!

Yes, taxes must support our nation
From this there is no deviation
City and state and county and town
All require our payment down.
For Army and Navy and missiles
atrocial
And foreign aid and security, social
For schooling, firemen, police protection,
For keeping our water free of infection—

Which shouldn't distress the man who is
wealthy
Nor he who can work, nor he who is
healthy
But the guy who is stuck in a four-
wheeled chair
Should be a bloated millionaire!

Ye solons and elders of Capitol-land
We want you to know just how we
stand—
(In tilt-tables, crutches and braces
galore
In parallel bars, in walkers, and more)
And sitting, well I do declare
There's nothing more "dear" than a
good wheelchair.
And then, we need a hospital bed
With a crank to raise it, foot and head.
And some of us need a breathing device
Or a book-holder, if we can raise the
price.
For a bath that's not I-P-alcoholic
We need a tub-side lift, hydraulic

Slings for our arms, to help us to eat,
Specially-made knives to cut up our
meat,
Long-handled combs, and reachers, and
such
All do their bit, be it little or much
To help us live up to our traditions
Of independence, in spite of conditions
If, but only if, I say
Someone at home can afford to pay!

So, Congressmen in old D.C.,
Hark to the woes of a "wheelchairee"
Please put aside the grinding of axes
And vote us a rebate on our TAXES!

WHEELCHAIR HOME—Continued

attached garage, be sure the garage is of sufficient width and length to permit the use of the wheelchair with the garage doors closed. There must be room enough to dismount and room enough to leave the garage. A breezeway or breakthrough door will tend to keep the individual clear of inclement weather. There are several methods used to open and close the garage doors. The use of a treadle outside and inside the garage; the use of an ultrasonic device within the car; and the use of a key switch located on a post outside of the garage.

Land should be selected with an eye toward grading. The chairborne individual will want to utilize his lawn space. It is not difficult to tend shrubs and flowers from a wheelchair or cut a lawn. But there cannot be a dangerous grade or rocky land.

If you are of limited means, National Homes puts out an economical prefabricated house that is adequate when the doors are widened. For further considerations when dealing with homes for the disabled, we recommend the following pamphlets:

1. Veterans Administration Pamphlet 4A-14, "Pointers for the Veteran Home Builder", available from the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C.

2. "Facts You Should Know About Buying or Building a Home", available from the Better Business Bureau of your city.

3. "Living With the Disability",

Made BY the
Handicapped
FOR the
Handicapped!

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Alan Ruprecht

181-A Valley Road, Montclair 20, N. J.

by Dr. Howard Rusk, available from the Institute for Physical Medicine and Rehabilitation, First Avenue, New York, New York.

Further, we would like to recommend that you visit one or two homes in your vicinity if possible, that have been built by paraplegic members of the Paralyzed Veterans of America.

Sitting still and wishing made no person great. The good Lord sends the fish, But you must dig the bait.

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Shipping and handling .25

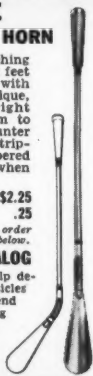
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(no C.O.D.'s) to address below.

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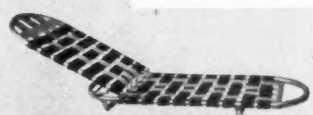
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BOOKS

New Book. "How to Make Hand-Made Greeting Cards for Fun and Profit". Instructions, Drawings, Tips for Hand-capped. \$1.25 Postpaid. Eleanor McClurkin, 630 E. Calhoun Street, Woodstock, Illinois.

BACK ISSUES of Polio Living magazine (now called ACCENT), while they last. Summer, Fall, Winter 1956, Spring, Summer, Fall, Winter 1957, Spring, Summer 1958 issues are available. 50c each. Special price for all nine, \$3.50. Note: First issue of ACCENT (Fall 1958) is all sold out. Send check or money order to ACCENT, 12 Ryan Drive, Bloomington, Illinois.

EQUIPMENT

Hydraulic Invalid Lifter for bathtub use (clamp mechanism). Excellent condition, price \$75.00. Write Mrs. Herman Atkins, 6235 No. Francisco Avenue, Chicago 46, Illinois.

HAND DRIVE CONTROLS

WELLS-ENGBERG CO., 2505 Rural Street, Rockford, Illinois. Write Dept. "A" for literature.

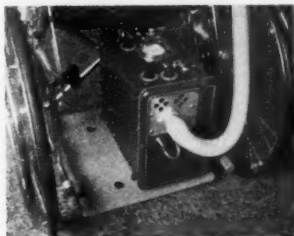
DRIVE CONTROLS

FOOT DRIVE CONTROLS. Drive without arms. 38 satisfied customers. SAFE-mechanical workings, thus car under control even if hydraulic or electrical systems fail. NEW STEERING DEVICE. Enables the handicapped having limited range and power in their arms to steer an automobile. Unit consists of a 12" steering wheel which is lowered 5" by means of a gear box and assembly that fastens onto the car's steering column. PRECISION MADE HAND DRIVE CONTROLS. (Special adaptations available). New address—contact Cameron Enns, Driving Controls, 13637 Madsen, Kingsburg, California.

Many people are looking for bargains in used rehabilitation equipment. If you have something to sell try a low-cost classified ad.

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IN THE NEXT ISSUE

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and
"Nerve Switches"**

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